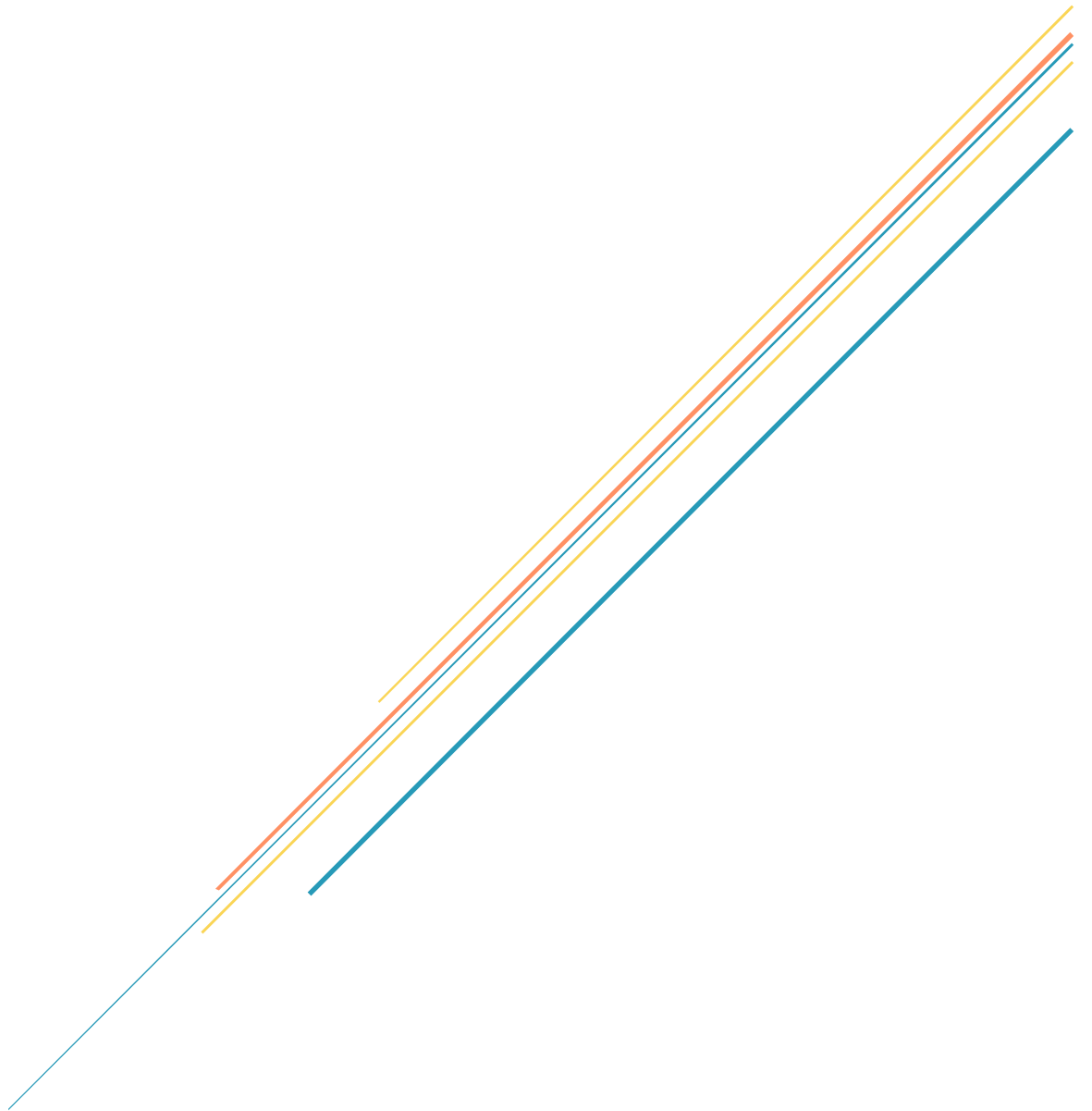


# PROJECT INFORMATION PACKET

Costa Rica: Los Santos 2021



*Amigos*

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# AMIGOS DE LAS AMERICAS

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## WHAT IS AMIGOS?

AMIGOS is a leader in international youth development, creating a world in which young people realize their full potential as leaders and global citizens. We provide extraordinary opportunities for youth to design and lead projects in collaboration with U.S. and Latin American peers and partner organizations across the Americas. Our strong partner network, built over 50 years, enables authentic engagements in communities across the region.

Since its start, AMIGOS has operated continuously in various countries in Latin America, including Mexico, Central and South America, and the Caribbean. Currently, AMIGOS works in seven countries in Latin America (Costa Rica, Panama, the Dominican Republic, Colombia, Ecuador, Paraguay, and Uruguay) and the U.S. running youth leadership programs. AMIGOS always works through partnerships with local organizations and with members of host communities in Latin America and the U.S., with projects led by young people.

## VISION

A world where all people are lifelong leaders sharing responsibility for our global community.

## MISSION

Amigos de las Américas inspires leaders through authentic service and immersion experiences.

## VALUES

- **Safety First and Always:** We prioritize the health and safety of AMIGOS volunteers above all.
- **Youth Leadership:** We believe in the capacity of youth to become leaders for positive change.
- **Transformational Outcomes:** We strive to transform volunteers and communities in measurable ways.
- **Community-Led:** We create socially and environmentally conscious partnerships, through collaboration with communities throughout the Americas.
- **Diversity Throughout:** We promote diversity of volunteers and stakeholders and work to break down barriers.
- **Respect:** We maintain respect, transparency and high standards in everything we do.

## DIVERSITY

To realize the AMIGOS vision and mission, we believe in the power of every voice and the wisdom of diverse voices. AMIGOS embraces universal diversity, including:

- race

- nationality
- ethnicity
- socio-economic status
- religion
- age
- gender
- sexual orientation
- AMIGOS seeks to include:
- different life experiences
- belief systems
- abilities
- opinions

throughout its work and aspires to eliminate barriers to inclusion and participation.

AMIGOS' Board of Directors and Convention of Chapter Presidents adopted this as the organization's official diversity statement June 2012.

## HISTORY

AMIGOS was founded on the principle that young people can change the world. In 1965, a 29-year-old pastor from Houston, Texas named Guy Bevil led a team of teenagers into rural Honduras to support in the fight against a growing polio epidemic. Serving communities in remote areas of the country, this group of 181 youth and 36 adults helped protect people from the crippling disease and established friendships that crossed borders. This service had a bold impact on the lives of these young people and as a result they returned more mature, culturally aware, and inspired to continue serving communities at home and abroad.

The AMIGOS model of developing critically engaged young leaders remains highly beneficial to youth today. AMIGOS programs have evolved to be more responsive to the changing priorities of host communities and inclusive of young people across the Americas. Today, our projects cover a broader array of activities in health and education and focus on building skills in youth of both the United States and Latin America. More than 30,000 alumni have carried on the passion and commitment that started over 50 years ago. Our successful history supports the belief that young people have the power to rise to any challenge and make a difference.

# HISTORY OF AMIGOS IN COSTA RICA

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The year 2021 marks AMIGOS' 39th year working in Costa Rica. Over this period, our projects have changed dramatically in response to Costa Rica's relative successes in its economic, political, environmental, and health conditions. While we used to partner with governmental organizations and focus on public health issues, we have shifted our approach to work more on building leadership skills in local youth, facilitating cultural exchange, and promoting an ethos of environmental conservation and civic engagement.

AMIGOS has been working in Pérez Zeledón since 2003 implementing conservation themed projects. From 2003-2011, we worked in communities in the region and held leadership workshops for youth. Starting in 2012 we changed our model for the Perez Zeledón summer project and started to combine home stays and work in communities with volunteer work in the country's famous national parks. Youth from Costa Rican communities along with AMIGOS volunteers completed trail maintenance projects in the parks while learning about important conservation topics and participating in fun recreational activities to facilitate cultural exchange. Then in 2018, we launched the Palmares summer project which combined the community component of AMIGOS programs with weekend long leadership camps. We hope to continue these programs once the COVID-19 situation stabilizes around the globe.

For this year, 2021, we launched our first gap program in Pérez Zeledón in the spring. The model combines our years of knowledge in the region and approach to community involvement with our rigorous safety measures for COVID-19. We have worked to build strong ties with the new organizations and look forward to working with them for years to come.



# GEOGRAPHY, CULTURE, FOOD, CLIMATE, & TRADITIONS

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## PEOPLE & CULTURE

Famous for being the happiest country in the world, the people of Costa Rica are welcoming and friendly, yet sophisticated and proud. The priorities of the country are evident in its progressive social and environmental policies. Education and healthcare for all are fully supported. Costa Rica is a model of eco-stewardship with more than 25% of its territory preserved from development allowing it to conserve its incredible biodiversity for generations to come. This is most evident in Corcovado National Park. Also, the culture and traditions reveal their passion for democracy, freedom, and equality for all. Ticos! The Costa Rican people affectionately refer to themselves as Ticos. This term is rooted in how they play with the Spanish language. On occasions, Costa Ricans have the tendency to add the suffix – tico to a certain word. It can be used to indicate smallness in something but can also carry an affectionate or ‘cute’ meaning. It further states the point that the Costa Rican culture is one that doesn’t take itself too seriously. This wonderful quality lays at the root of their peaceful and kind nature.



Pura Vida is not only the motto of Costa Rica, but it is also a label for the Costa Rican culture, way of life, and its primary ethos. Directly translated, it means “pure life,” but in Costa Rica, it carries a greater importance. “Pura Vida” has evolved to be a national symbol to be proud of. Locals and ex-pats share pride in the Good Life, the Pura Vida, that Costa Rica values espouses. It is used as both greeting and farewell, as a cheer, and as a description and an emphatic statement.

Costa Rica is a cultural melting pot. It shows indigenous origins and Spanish colonial influence, with a peppery splash of other immigrant cultures thrown in the stew such as Jamaican and Chinese. The official language is Spanish, but there also pockets where BriBri, creole, Mekatelyu on the Caribbean Coast in the Limon province, and English. Costa Ricans are proud of their values. They believe in education and healthcare and make it freely available to its people. They are proud of their long-standing history as a democracy. In fact, they are the oldest and most stable democracy in the region. And they are proud of their world leadership in pioneering sustainable environmental and conservation policies. The locals go out of their way to propagate their environmental ethos by helping visitors appreciate the natural beauty of their land and wildlife.

Sources:

“Culture Of Costa Rica.” Centralamerica, [www.centralamerica.com/costa-rica/culture/](http://www.centralamerica.com/costa-rica/culture/).

"What does Pura Vida mean? Costa Rican way of life". [www.bestcostaricantours.com](http://www.bestcostaricantours.com). Archived from the original on 2019-12-07. Retrieved 2015-10-08.

[www.state.gov](http://www.state.gov) Background Note: Costa Rica – People

## FOOD

Costa Rican cuisine is hearty, savory and always satisfying. While it doesn't have the spice of Mexican or the grilled skewered meats of Argentinian food, it has a style all its own: like an easy chair or a meal from your grandmother's kitchen, Costa Rican cuisine is always there for you at the end of a long day.

Generous portions, fresh -brewed coffee and fruit in every shape, size and color fill the tables of every Costa Rican home. Maybe it is the tropics, but there is a dedication to freshness unequalled in the U.S., everyday Costa Ricans visit the bakery for fresh-baked bread, every week they visit the local farmer's market for fresh in-season fruit and vegetables, meat, and cheese.



If there were two words that would sum up Costa Rican food, then those two words are “rice” and “beans”. Pretty much every traditional meal comes with them. Alongside your rice and beans, you may see sweet plantains, fried eggs, avocados, meat, fish, cilantro, tomatoes, fresh fruit, and anything else that grows local and fresh! Costa Rican fare is nutritionally well rounded, and nearly always cooked from scratch from fresh ingredients.

Below you will find an overview of some of the most famous and common Costa Rican dishes in Pérez Zeledón. Please always remember to be appreciative of the food that is offered to you. Many families across the globe may not have access to as many food options as you may be used to. AMIGOS expects Gap volunteers to immerse themselves in the local culture and to adapt to the local diet and lifestyle to the greatest extent possible.

- Gallo pinto (black beans and rice with cilantro, onions, garlic, salt, and Salsa Lizano; common for breakfast and dinner)
- Platano frito: Fried plantains (sweet ones are called maduros and savory, smashed ones are patacones)
- Casados (one-plate meal that includes black beans, rice, a meat, fried plantains, and one or more side dishes)
- Picadillo (diced cooked vegetables such as potatoes, green beans, carrots, zucchini, with or without meat).
- Fruta (such as pineapple, papaya, watermelon, bananas).
- Sopa: soup
- Arroz con pollo/camarones: chicken and rice/shrimp and rice
- Ceviche: popular seafood dish tossed with lime and lemon juice that cooks the fish/shrimp
- Trucha: trout, often served with yucca and vegetables
- Arroz con leche: rice pudding

Sources:

“Culture Of Costa Rica.” Centralamerica, [www.centralamerica.com/costa-rica/culture/](http://www.centralamerica.com/costa-rica/culture/).

Firestone, Matthew; Miranda, Carolina A; Soriano, César G (2010). Costa Rica. Footscray, Vic.: Lonely Planet. pp. 49–52.

Mead, Rowland (2005). Costa Rica. New Holland: London. pp. 28–31.

Van Velzer, Ryan. “Costa Rican Cuisine.” Costa Rica, [www.costarica.com/culture/costa-rican-cuisine](http://www.costarica.com/culture/costa-rican-cuisine).

## TRADITIONS

Costa Rica is a very diverse country with a rich mix of traditions and customs. The following are some examples:

- Soccer, Mejenga or bola, in Costa Rica, is the most beloved national pastime. Today, six leagues currently form the Costa Rican Soccer Federation. First division soccer is the country’s most popular and hosts 12 teams. Many Ticos from Pérez root for either La Liga (Alajuela) or Saprissa (from San José).



- When you enter someone’s home, it may be a good idea to take your shoes off to be polite. When visiting people’s house, you should remove your shoes and wear flip-flops inside the house instead of going barefoot. It is considered rude to place your feet on the furniture.
- Costa Ricans generally take pride in their appearance and dress well.
- When greeting one another, a side cheek kiss is common (right cheek touching right cheek). Women kiss women, and women kiss men, but men do not kiss men. Instead, they either shake hands or give each other a one-armed hug. In formal or business settings, a firm handshake is the typical greeting. However, this practice has changed since the beginning of COVID-19 and people now greet each other from far or with an “elbow shake”.
- Tico time or “la hora tica” is generally observed by many Ticos. Ticos can sometimes arrive late (often by 30 minutes or more) to meals, appointments and get-togethers. Many Ticos don’t view late arrivals as rude, and their tardiness is not meant to offend.
- Many Ticos in communities where you will live grow coffee, caña (sugar cane), or other crops. They refer to their farmland as “la finca.” Definitely ask community members about what they grow, how they process it, and where they sell or export to and learn as much as you can about their work.



- Costa Ricans celebrate civic holidays with parades that involve school bands and local folklore group parades.

*As a volunteer, you will be a guest in someone else's community, which represents a unique opportunity to experience and learn about Costa Rican culture. As a guest, please try to reflect a sincere appreciation for everything that your host community has to offer and let them know that you are thankful for their support.*

## CLIMATE

Costa Rica has a mainly tropical climate, with year-round warm to hot temperatures. Costa Rica has a tropical and subtropical climate, with two primary seasons. In most of the country, the dry season lasts from December to summer in April. Summers are hot, dry, and cloudy. The wet or rainy season is from May to November and overlaps the dry season towards the end. The conditions are humid and overcast, with frequent rainfall in many regions. Temperature variations are low, and the average annual range in Costa Rica is between 17.2°C (63°F) to 27.2°C (81°F). January sees the lowest temperatures of the year, while April records the highest. Temperatures above 37.8°C (100°F) frequently occur during the dry season. The average annual temperatures range from 27.2°C (81°F) on the coastal lowlands to 20°C (68°F) in the Cordillera Central, and below 10°C (50°F) on the highest mountain peaks.

Costa Rica receives an abundant average annual rainfall of 1981.2mm (78"). September and October are the wettest months, and the rainy season contributes up to 90% of the annual precipitation. The Caribbean slopes along the Cordillera Central receive the highest rainfall of 5003.8mm (197"), and many places receive at least 2540mm (100") annually. The eastern plains and coasts, and the southernmost part of the Pacific Coast are equatorial, with rainfall throughout the year.

Costa Rica has several microclimates based on altitude, topography, local geography, and rainfall. The tropical location and proximity to large water bodies influence the climate.

Sources:

<https://www.weather-atlas.com/en/costa-rica-climate>

## GEOGRAPHY

As a stable and prosperous nation, Costa Rica is both a biodiversity hotspot and ranked among the world leaders when it comes to tackling environmental issues. Costa Rica accounts for only 0.03 percent of the earth's surface (has only 51,100km<sup>2</sup>). However, it contains nearly 6 percent of the world's biodiversity. Its natural wealth, both in species and ecosystems, is partly explained by its geographical position. Situated between the North and South America continents, Costa Rica has served as a bridge of countless species of animals and plants for thousands of years. Another factor to consider is the broad expanse of both coasts: a Caribbean coast (255kms) and facing the Pacific Ocean (1103 kms). A mountain range also provides numerous microclimates and a territorial sea of 589,000km<sup>2</sup>.

The system of National Parks and Reserves covers an area of 1342 hectares or 25.6% of its land area. These areas include islands and beaches, rain forests and dry, active volcanoes, hot springs, caves, river canyons and waterfalls. This biological heritage, the product of millions of years of evolution, presents us a spectacle of a nature not processed and undomesticated. The services these ecosystems provide to humanity are abundant. On one side is environmental services: wood, timber, plants, barks, roots, leaves, seeds, fruits, flowers, to name a few, which have fueled the culture, industry, and scientific research. On the other side is environmental benefits: control of erosion caused by rain and wind, water protection, soil, fixation and carbon storage, which mitigate the greenhouse effect and biodiversity.

Costa Rica is considered among the most progressive nations on Earth with respect to climate change. In 2010, departing president Óscar Arias announced that Costa Rica would become the world's first carbon-neutral country by 2021. On February 24, 2019, the Government of Costa Rica announced their National Decarbonization Plan, which aims to create a completely green economy in terms of transportation, energy, construction, agriculture, and land usage by 2050.



Costa Rica's environmental credentials are impressive: more than 98 per cent of its energy is renewable, forest cover now stands at more than 53 per cent after painstaking work to reverse decades of deforestation and around a quarter of the country's land has been turned into protected parks and reserves.

Sources:

The Costa Rican Embassy to the United States. "Environment: Embajada De Costa Rica En DC." Environment | Embajada De Costa Rica En DC, [www.costarica-embassy.org/index.php?q=node%2F12](http://www.costarica-embassy.org/index.php?q=node%2F12). "Costa Rica: the 'Living Eden' Designing a Template for a Cleaner, Carbon-Free World." UN Environment, [www.unenvironment.org/news-and-stories/story/costa-rica-living-eden-designing-template-cleaner-carbon-free-world#:~:text=Costa%20Rica's%20environmental%20credentials%20are,into%20protected%20parks%20and%20reserves](http://www.unenvironment.org/news-and-stories/story/costa-rica-living-eden-designing-template-cleaner-carbon-free-world#:~:text=Costa%20Rica's%20environmental%20credentials%20are,into%20protected%20parks%20and%20reserves).

## COUNTRY-SPECIFIC LANGUAGE

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Every country has its own set of idioms, mannerisms, and phrases. There are even language differences from one community to the next. No need to worry though; your Spanish classes at the beginning of your program will serve you very well and will allow you to interact with locals. Below is a list of regional vocabulary that you should learn. For those of you who want to go above and beyond, check out the link below the vocabulary list for some websites with interactive learning tools.

Spanish word	Definition
Tico	Slang for Costa Rican (costarricense)
Mae	Slang for dude
Buenas	Hello/good morning/good afternoon (usually used when entering a place or home)
¿Qué me dice?	How's it going?
Vos*	"You," singular (informal), <b>not vosotros</b> , <i>explanation here: <a href="http://study-spanish-language.com/grammar/conjugating-vos/">http://study-spanish-language.com/grammar/conjugating-vos/</a></i>
Tuanis	Cool, nice, awesome
A cachete	Very good/ it's all good
Pura vida	Great, hello, you're welcome, life is good, cool, take care... ETC!
Por dicha/ Qué dicha	Fortunately/ how fortunate
Upe	Knock, knock (people say this when standing outside someone's home, rather than knocking on the door)
Mejenga	Friendly/casual soccer match
Jugar bola	To play soccer
Una soda	Small restaurant to get typical, generally cheap, food
Pulpería	Small corner store
Con gusto	You're welcome
Chunche	Thing

\**Usted* and *Vos* – For "you," many Costa Ricans use either *usted* or *vos*. *Usted* is generally more widely used outside the Central Valley, *vos* is mostly only used in the capital. Costa Ricans also mix using *usted*, *vos* and *tú* within a relationship, which is itself a sign of closeness. For example, an abuela might sometimes refer to a baby as *usted*, or *usted* can be used between novios. Look at the following for conjugations of *vos*: <http://study-spanish-language.com/grammar/conjugating-vos/>

More vocabulary practice:

<http://www.languageguide.org/spanish/vocabulary/>

<https://www.duolingo.com/course/es/en/Learn-Spanish-Online>

# AMIGOS HIGH SCHOOL SUMMER PROGRAM 2021

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## PROGRAM GOALS AND PILLARS

All AMIGOS programs and project areas are different! They are uniquely designed to fit the needs of our volunteers, partner agencies, host communities and the regions we work in. However, all programs are designed to meet 3 goals and uphold 5 pillars:

### *Program Goals*

1. Develop young people's personal leadership capacities.
2. Strengthen young people's commitment to community engagement and service.
3. Increase young people's cross-cultural capacity and competence.

### *Program Pillars*

1. Training and Curriculum  
Volunteers build their leadership and community development skills through hands-on training. All programs include leadership, community service, and cross-cultural humility training. Volunteers have a hands-on training throughout the experience.
2. Language and Cultural Immersion  
Volunteers are immersed in the culture and language of their host country by interacting with locals in the pod, collaborating with partner agency members, and participating in cultural activities and excursions.
3. Community Service  
Volunteers learn about design-thinking and begin to think through the design of a service project that they will carry out upon arriving back home.
4. Mentorship  
Every volunteer is mentored by a staff team member and receives personalized feedback on their development as a leader throughout their experience.
5. Reflection and Continued Engagement  
Volunteers are guided through various reflection activities during their experience. Upon successful completion of a program, all alumni are encouraged to climb our leadership ladder to continue building their leadership skills as members of our project staff teams, our training teams or through other opportunities.

## ROLE OF THE VOLUNTEER

As you prepare for the adventure that lies ahead, think about your role as an AMIGOS as a member of a team and group of fellow peers. How do you hope to integrate into the group while also learning about the local culture?

Keep in mind that sometimes it may be hard to find tangible benefits to your experience throughout the trip, because it won't be easy. However, your primary role as a volunteer on our programs is to **LEARN** about the local culture, to **PRACTICE** your Spanish with fellow group members and locals, to **SUPPORT** the work of your partner agency through your volunteer service work, to **FACILITATE** group activities, to **SHARE** your passions and to serve as a **CATALYST** for change and multi-cultural understanding.

You are a:

- Community action promoter
- Representative of your home community and your country
- Representative of AMIGOS
- Representative of your partner agency
- Guest in a foreign country and community
- Organizer, motivator, facilitator, role model, student, and friend
- Spanish-speaker
- Humble human being – you're going to discover that there is much more to learn than we have to teach. Be open to learning all that you can, and let your local contacts share their experiences and wisdom with you!

# PROJECT-SPECIFIC INFORMATION

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## PROJECT THEME

This program will navigate the different aspects of food justice in Costa Rica, specifically regarding the coffee sector. We will learn about topics such as production and processing in a region that is renowned for their coffee, gender inequality within the industry, the relationship between ecotourism and the coffee sector as well as how coffee farms have contributed to environmental protection of the buffer areas of national and private ecological reserves. Additionally, we will look at how international demand for Costa Rican coffee impacts local producers and communities.

## WORK AREA

The program takes place in a region that is well-known for its coffee and is surrounded by Chirripo National Park among other ecological reserves in which community-led initiatives drive development and conservation. This unique area has incredible scenery along the way since the road passes by old homes, coffee fields, verdant pastures, and spectacular mountains. La Zona de Los Santos is ideal for producing high-quality coffee because of its altitude of between 3900 and 6000 feet and climate. Some of the towns that grow coffee are Dota, Tarrazú and León Cortés.

A two-hour drive from San Jose, Tarrazú lies in the high mountains of the southern Pacific region and is one of the most densely planted high altitude regions in Central America with many farms at or above 2000 meters above sea level. It is filled with roads and coffee plantations that wind around the mountainside and is lush with vegetation that many tropical birds call home. Its well-defined climate pattern is ideal for growing coffee and results in high-quality coffee cherries. The spirit of community and family is strong in Tarrazú with producers caring for their land with pride. Many farms in Tarrazú include primary forest and shade trees interspersed with coffee, and producers protect the natural water sources that spring up from the mountains. Close to Tarrazú is the town of Santa Maria. Like the rest of the region, one of the community's biggest claims to fame is the shade-grown coffee that thrives in the volcanic soil of the area.



Dota is the 17th canton in the province of San José, Costa Rica and is also known for its coffee growing and production. Its coffee is exported to different countries around the world and is classified as one of the best locally and worldwide. Other products that are grown and produced include varieties of fruits such as apples, peaches, plums, and avocados. In Dota there are some protected areas such as the Los Santos Forest Reserve and the Los Quetzales National Park. The Savegre river runs towards the Pacific Ocean through the territory of the canton and is considered the cleanest river in the country. The church located in Copey is also protected because of its historical and architectural heritage.

## PARTNER ORGANIZATIONS



### Bean Voyage

Bean Voyage is a feminist non-profit social enterprise on a mission to eradicate the gender gap in farming communities. They provide training and market access to smallholder women so they can produce specialty coffee, earn a better income, and lead sustainable lives. They aim to eradicate the gender gap in 2,500 communities, supporting 100,000 smallholder women and their families around the world by 2030.

They achieve their mission through the Care Trade approach. First, they organize 80+ hours of training on sustainable coffee production, home-based processing, roasting, and cupping. Second, they connect the women producers in our network with consumers and buyers around the world. Third, they empower regional organizations looking to shorten the value chain in their communities by licensing our award-winning training program.



Bean Voyage also has a youth network of facilitators that are from coffee communities and are trained on how to strengthen their leadership skills to promote more inclusive development in their communities.

## GENERAL PROJECT CALENDAR

### Session A: June 8 – 28

Date	Description
Day 1 : <b>June 08</b>	Arrive to the airport in Alajuela. Spend 1 night at a hostel near San José.
Day 2: <b>June 09</b>	Eat breakfast at hostel in San José and travel to Dota. Get settled at hostel, dinamicas, briefing activities.
Day 3-14 <b>June 10-21</b>	Briefing + Quarantine in Dota: Spanish classes, briefing activities, outdoor fun, 2 COVID tests (day 5 & 10), icebreakers, team building and group tone setting. Food Justice workshops and activities.
Day 12-13: <b>June 19-20</b>	Mid-term reflection. Visit los Quetzales National Park and don Manuel Lake.
Day 14 <b>June 21</b>	Travel to Tarrazu, get settled at the lodge, take a walk around the area.

<i>Day 15-19</i> <b>June 22-26</b>	Learn about how coffee production and processing, sustainability in action, how gender justice relates to Food Justice. Community service project and intercultural activities.
<i>Day 20</i> <b>June 27</b>	Travel back to San José in the afternoon and spend 1 night at a hostel before flying out the next day.
<i>Day 21</i> <b>June 28</b>	Fly out of the San José airport! Hasta Luego!

### Session B: July 8 - 28

Date	Description
<i>Day 1 :</i> <b>July 08</b>	Arrive to the airport in Alajuela. Spend 1 night at a hostel near San José.
<i>Day 2:</i> <b>July 09</b>	Eat breakfast at hostel in San José and travel to Dota. Get settled at hostel, dinamicas, briefing activities.
<i>Day 3-14</i> <b>July 10-21</b>	Briefing + Quarantine in Dota: Spanish classes, briefing activities, outdoor fun, 2 COVID tests (day 5 & 10), icebreakers, team building and group tone setting. Food Justice workshops and activities.
<i>Day 12-13:</i> <b>July 19-20</b>	Mid-term reflection. Visit los Quetzales National Park and don Manuel Lake.
<i>Day 14</i> <b>July 21</b>	Travel to Tarrazu, get settled at the lodge, take a walk around the area.
<i>Day 15-19</i> <b>July 22-26</b>	Learn about how Coffee Production and Processing, Sustainability in Action, how gender justice relates to Food Justice. Community service project and intercultural activities.
<i>Day 20</i> <b>July 27</b>	Travel back to San José in the afternoon and spend 1 night at a hostel before flying out the next day.
<i>Day 21</i> <b>July 28</b>	Fly out of the San José airport! Hasta Luego!



## POSSIBLE EXCURSIONS

### Laguna don Manuel

Laguna Don Manuel, located in Santa María de Dota, Costa Rica is a water source that gives rise to several small rivers in the Los Santos area. It is also the habitat of several wild species, such as saños, coyotes, bandages and tolomucos. It is a unique place for hiking, camping, and picnicking in forest with spots to stop around the lake. We will get the opportunity to hike here and enjoy the beautiful landscapes of the los Santos Region.

### Parque Nacional los Quetzales

Los Quetzales National Park is located in the district of Copey and canton of Dota, San José province, 76.5 kilometers south of the capital. Spread along both banks of the Río Savegre, the park covers 50 sq km of rainforest, cloud forest and premontane forest lying along the slopes of the Cordillera de Talamanca. At an altitude of 2000m to 3000m, Los Quetzales is made up of jagged peaks and glacial lakes. True to the park's name, the beautiful quetzal is here (best spotted during the March to June nesting season), along with trogons, hummingbirds, and sooty robins. We will enjoy a hike through this high attitude climate and experience different flora and fauna.



### Tour de Café

We will tour a coffee farm to learn about the sustainability and production of coffee. Additionally, we will have a chance to taste a several types of coffee to experience the subtle differences between them.

## PACKING LIST

You should bring clothes you already have from home and are comfortable wearing! You do not need to purchase a whole new wardrobe. Bags can get lost on their way to Costa Rica. Please remember to pack any essentials; including a change of clothes, toiletries, and prescription medications, in your carry-on luggage to tide you over should that happen.

Please be sure to read to entire packing list and all the extra tips. Remember that you will be living in in a tropical and humid climate during the rainy season. Your trip will be in the more mountainous areas which means it will be quite cold at night and cool and comfortable temperatures during the day. Note: Costa Rica is close to the equator and the sun is very strong. Always wear sunscreen even if it is cloudy outside. Pay special attention to the suggested quantities. If you have questions while you are packing, please do not hesitate to email us: [amigosprogramas@amigosinternational.org](mailto:amigosprogramas@amigosinternational.org)

### Clothing

- 2 pairs of jeans
- 2 pairs of work pants that you don't mind getting dirty (good for hikes and for excursions)

- 1 pairs of shorts,
- 1 pair of sweats, or yoga pants for exercise or for hanging around the house
- 5 comfortable t-shirts for working outside and/or exercising
- 1 nice shirt (polo, blouse, button-up, or t-shirts)
- 1 skirt or dress (if desired)
- AMIGOS polo
- 1 warm fleece jacket
- 7 pairs of underwear & socks
- 2 bras (if desired)
- 1 set warm & conservative sleepwear
- 1 set lighter weight sleep wear for a warmer climate
- 1 pair comfortable closed-toed shoes/tennis shoes
- 1 pair of hiking boots
- 1 pair of flip flops
- 1 pair of rubber sandals (e.g. Tevas, Chacos, Crocs, etc.)
- 1 Conservative Swimsuit

### **All Volunteers Should Bring**

- 1 Waterproof rain jacket (should fit over warm fleece jacket)
- 1 bottle of sunscreen (SPF 30 or greater)
- 1 hat with a brim (a baseball hat is fine)
- 2 reusable water bottles (1 liter each).
- 1 Mosquito net and hanging supplies (refer to Required Immunization and Medication List)
- 1 pair of garden/work gloves
- 1 bottles of mosquito repellent
- 1 alarm clock (with batteries if needed)
- 1 headlamp
- 1 hand watch
- A day bag/small backpack for carrying stuff on short trips
- Thermometer and basic first aid kit
- 2 washable face masks
- Prescription medications (if applicable)
- Toiletries: soap, toothbrush, toothpaste, floss, shampoo, conditioner, razor, deodorant, hairbrush.
- 1 Washcloth and 1 towel (quick drying is recommended)
- Luggage Locks (these are useful for independent travel)
- Spanish-English dictionary
- Health, Safety, and Travel Guidelines
- Project Information Packet (this packet)
- Money & ATM card
- Passport & two copies of the first page of your passport
- COVID negative test results

- CR Travel Insurance (sent to you by AMIGOS)
- Pase de Salud to enter CR—Filled out & printed by you
- Plane tickets, if applicable, and confirmation codes for e-tickets

### **Recommended Items**

- Small, inexpensive camera and extra batteries or charger
- Journal & pens
- Small photo album with extra pictures of yourself or your family to give away
- Umbrella
- Sunglasses
- Portable solar lamp
- Music device and headphones

### **Optional Items**

- Reading books (limit 2 - you can trade books with others)
- Board games & cards
- Multi-vitamins